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FISH AND WILDLIFE SERVICE

FOR FOOD EDITORS

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FWS ISSUES NEW SALMON COOK BOOKLET

"Whether fresh, frozen, salted, smoked, or canned, salmon are delicious, nutritious, and body-building." So begins a new publication, How to Cook Salmon, which has been released recently by the Fish and Wildlife Service.

Salmon are caught in both the North Atlantic and North Pacific Oceans, and in certain fresh-water streams entering these oceans.

The Pacific salmon, of which there are five different species, comprise one of the most valuable fishery resources of the United States, Alaska, and Canada. King, Sockeye, Silver, Pink, and Chum are the accepted common names of the five species. In color, salmon flesh varies from almost white to the characteristic bright red of the Sockeye or "red" salmon. In general the various species are prized according to the depth of color of the canned meat, from Chums up through Pinks, Silvers, and Kings to the top-ranking Sockeyes, but all, while varying in fat content, are equally nutritious.

How to Cook Salmon contains 35 selected recipes for the preparation of this fish with the characteristic rich flavor. Salmon Chowder, Salmon Tamale Pie, Salmon Baked in Sour Cream, Salmon Rice Loaf, Deviled Salmon, and Scalloped Salmon are a few of the recipes developed and tested by the Fish and Wildlife Service's home economists, Kathryn L. Osterhaug and Rose G. Kerr, authors of the new publication.

Illustrated with step-by-step photographs, How to Cook Salmon is No. 4 in the Service's Test Kitchen Series of fish cookery publications. It may be obtained for 15 cents from the Superintendent of Documents, Government Printing Office, Washington 25, D. C.

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